

# Association of Sleep Quality with Socio-Demographic Characteristics in Elderly Referred to Health Centers in Qazvin, Iran

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## ABSTRACT

**Background and aim:** Sleep disorders are not innately harmful to quality of life, they can induce or complicate physical and mental sicknesses and increase the risk of mortality. The aim of this study was to determine the association of sleep quality components with socio-demographic characteristics in elderly people in Qazvin, Iran.

**Materials and Methods:** This descriptive cross-sectional study was performed on 400 elderly patients referred to health centers in Qazvin. Data were collected by using a demographic questionnaire and the Pittsburgh sleep quality index (PSQI). Data were analyzed by SPSS 19 software, descriptive and inferential statistics (Mann-Whitney, Chi-square, logistic regression).

**Results:** The prevalence of poor sleep quality was 80%. Statistically significant differences were observed between total global PSQI score and economic condition ( $p < 0.03$ ) and had chronic physical disease ( $P < 0.001$ ). Highest component scores were sleep latency ( $1.55 \pm 1.06$ ) and lowest was habitual sleep efficiency ( $0.16 \pm 0.57$ ). Older women had worse sleep quality compared with older men ( $P < 0.05$ ). Multivariate logistic regression model indicated that female sex is associated with greater tendency towards poor sleep quality (OR=1.78, 95% CI=1.08-2.94,  $P=0.022$ ).

**Conclusion:** This study provides evidence that poor sleep quality was high among the elderly of Qazvin. It seems sleep quality assessment of older adults is necessary to identify the factors affecting sleep quality and to adopt appropriate measures and strategies to eliminate or reduce the effect of these factors.

**Keywords:** elderly, sleep quality, community health centers